

PLANT-BASED PAIRING: 2017 TRINGARIO VASTARDO PETIT VERDOT

Grape Varietals: 89% Petit Verdot 11% Carmenere

This is a very complex and elegant wine. The nose is constantly changing – it begins with strong notes of black fruit, then spicy and smoky notes appear, and finally very delicate floral notes. On the palate, it is a very broad wine with very friendly tannins and a remarkable persistence.

MEXICAN STYLE "ALL WEEK" BLACK BEANS

RECIPE BY POWERED BY PLANTS CONSULTING



An easy way to have something flavorful and healthy ready to go all week long. You can serve it warm or cold, in a variety of ways.

Ingredients: (about 6-8 servings)

- 1 lb. dried black beans (no need to soak overnight if using a slow cooker) **or** 3 15-oz. cans black beans
- 1 medium onion, chopped finely
- 4 cloves garlic, minced
- 1 tsp. of crushed red pepper, or 1 fresh chili (you can omit if you prefer no heat)
- 1 tbsp. of ground cumin
- 1 tsp. of ground coriander
- 1 large bay leaf
- 3½ cups of vegetable broth
- Juice of one lime (for serving)

Slow Cooker Instructions:

- Place all ingredients except the lime into a slow cooker
- Cook on high for 5 hours or low for 8 hours
- Just before serving, squeeze in the juice of one lime and stir well

**All slow cookers vary so the times may need adjusting. Keep an eye on them towards the end and add a little extra liquid if they look like they might dry out.*

Stove-stop Instructions:

- Use **already cooked** dry beans or canned beans
- Sauté onion in a little oil or a couple of tablespoons of water. Then add the spices and cook for a minute or two
- Add the rest of the ingredients (**only using half the amount of broth**) and simmer for around 30 minutes
- Just before serving, squeeze in the juice of one lime

Ways to Serve: Over grains, over a baked sweet potato or white potato with other toppings (salsa, dairy-free cheese, etc.), in a taco, wrap, burrito, quesadilla or salad